

Community Resource Guide

January 1

2013

Here you will find community specific resource guides to help recognize and resolve Soldier, Civilian, and Family Member issues, concerns, and challenges.

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Alcohol Related Issues

Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)

Service(s): **Counseling and Treatment**

Description: **The course emphasizes positive coping skills such positive communication, problem-solving skills, stress and anger management, as well as education about gateway drugs: smoking, alcohol and marijuana.**

Target Audience: All seventh and eighth grade students at the middle/high school.

Schedule: Ongoing. The course is taught in the health class at the high school and in tutorial at the middle school.

Contact Info: Bldg 7643 Bamberg High School, Warner Barracks

DSN: 469-8240/8874

CIV: 0951-300-8240/8874

Website: <http://www.bamb-hs.eu.dodea.edu>

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): **Therapy and Counseling**

Description: **Therapeutic counseling for drug and alcohol issues**

Target Audience: Active Duty, Family Members, Civilians, and Retirees

Schedule: Call for appointment

Contact Info: Bldg 7089 Warner Barracks

DSN: 469-1710

CIV: 0951-300-1710

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): **Training**

Description: **Drug and Alcohol prevention training for first line supervisors.**

Target Audience: Active Duty, Family Members, Civilians, and Retirees

Schedule: Call for appointment

Contact Info: Bldg 7089 Warner Barracks

DSN: 469-1710

CIV: 0951-300-1710

Div/Dept: Social Work Services (SWS)

Service(s): **Drug Related: Counseling**

Description: **Counseling services are available to families with a focus on problems exhibited by children and adults including depression, anxiety, school problems, deployment issues, and anger.**

Target Audience: AD, FM, LN, CIV

Length: 24 hrs a day, 7 days a week

Schedule: Contact SWS during normal duty hours, or MP Station in case of emergency.

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Anger Management

Div/Dept: Army Community Center/Family Advocacy Program (ACS)

Service(s): **Education And Counseling**

Description: **Support counseling for anger management**

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Call to schedule Appointment

DSN: 469-1570

CIV: 0351-300-1570

Website: <http://www.bamberg.army.mil.staff/rso/rso.asp>

Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)

Service(s): **Group Therapy**

Description: **Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.**

Target Audience: 12-18 youth FM

Contact Info: Bldg 7643 Bamberg High School, Warner Barracks

DSN: 469-8240/8874

CIV: 0951-300-8240/8874

Website: <http://www.bamb-hs.eu.dodea.edu>

Div/Dept: Chaplain Family Life Center (CFLC)

Service(s): **Education and Counseling**

Description: **Supportive counseling for anger management.**

Target Audience: Active Duty, Family Members, Civilians, and Retirees

Schedule: Call for Appt

Contact Info: Bldg 7040 Warner Barracks

DSN: 469-1570

CIV: 0951-300-1570 X8141

Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Div/Dept: Social Work Service (SWS)

Service(s): **Anger Management - Counseling**

Description: **Supportive counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.**

Target Audience: Active Duty, Family Members, Civilians, and Retirees

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Attention Deficit Disorder**Div/Dept: Social Work Services (SWS)**

Service(s): **ADHD Treatment and Counseling**

Description: **Supportive counseling services are available to families with a focus on problems exhibited by children including depression, anxiety, school problems, deployment issues, and anger.**

Target Audience: Active Duty, Family Members, Retirees, and Civilians

Schedule: Call for appointment

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Assertiveness**Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)**

Service(s): **Education and Counseling Support**

Description: **Individual, Family, or group counseling for teens 13-18 who have problems related to Alcohol and or Drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.**

Target Audience: Teens 13-18

Contact Info: Bldg 7643 Bamberg High School, Warner Barracks

DSN: 469-8240/8874

CIV: 0951-300-8240/8874

Website: <http://www.bamb-hs.eu.dodea.edu>

Blended Families

Div/Dept: Army Community Service (ACS)

Service(s): **Classes**

Description: **Making a strong Army Family through Army Family Team Building -three levels of training.**

Target Audience: AD, Family Members, Retirees, CIV

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Education and Counseling**

Description: Supportive counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.

Target Audience: Two parent families, single parent families and blended families

Schedule: Call to schedule an appointment

DSN: 469-1570

CIV: 0351-300-1570

Website: <http://www.bamberg.army.mil.staff/rso/rso.asp>

Div/Dept: Adolescent Substance Abuse Counseling (ASACS)

Service(s): **Blended Families- Course**

Description: **Life Skills Program for adolescents.**

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Call for information

Contact Info: Bldg 7643 - Bamberg High School, Warner Barracks

DSN: 469-8240/8874

CIV: 0951-300-8240/8874

Website: <http://www.bamb-hs.eu.dodea.edu>

Div/Dept: Chaplain Family Life Center (CFLC)

Service(s): **Education and Counseling**

Description: **Supportive counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.**

Target Audience: Two parent families, single parent families and blended families

Schedule: Call for Appt

Contact Info: Bldg 7040 Warner Barracks

DSN: 469-1570

CIV: 0951-300-1570 X8141

Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Breast Feeding

Div/Dept: Army Community Service (ACS)

Service(s): **Support Group**

Description: **Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today support the community. A class designed to help**

mothers share their concerns and experiences about breast feeding with other mothers.

Target Audience: For parents who are expecting and/or have children up to 3 years of age (moms & dads)

Length: 1 hour

Schedule: Call for schedule

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Woman, Infants, & Children (WIC) Overseas

Service(s): **Breastfeeding Consultation and Education**

Description: **Increase nutritional wellness and awareness through education and free healthful foods. People qualify for the program by meeting guidelines.**

Target Audience: Pregnant, breastfeeding, and post partum women and children under 5 years old

Fees: Individuals qualify by meeting program guidelines.

Contact Info: Bldg 7029, Rm. 111 Warner Barracks

Schedule: Call for an appointment.

DSN: 469-7913

CIV: 0951-300-7913

Child Abuse & Neglect

Div/Dept: Army Community Service (ACS)

Service(s): **Classes**

Description: **Regularly scheduled classes, and, by request, briefings, for units, FRGs and other groups interested in learning more about domestic violence prevention.**

Target Audience: AD, Family Members, FRG's, CIV

Schedule: As required, call for appointment

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-777 7

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Social Work Services (SWS)

Div/Dept: Specialty Care Service (Family Advocacy Program)

Service(s): Screening and Counseling and intervention

Description: Crisis intervention services for situations involving rape, child and adult physical abuse, child sexual abuse and child neglect are available 24 hours a day, 7 days a week through Family Advocacy.

Target Audience: AD, FM, LN, CIV

Length: 24 hrs a day, 7 days a week

Schedule: Contact 469-7793 during normal duty hours, or MP Station in case of emergency.

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Child Rearing

Div/Dept: Army Community Service (ACS)

Service(s): **Class**

Description: **Implementing programs to prevent family problems first.**

Target Audience: Active Duty, Family Members, Retirees, and Civilians

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Resource and Referral**

Description: **Provides resources and support for those who are adopting or who have been adopted**

Target Audience: Active Duty, Family Members, Retirees, and Civilians

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Support Group**

Description: **Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today will help you learn to cope with every day demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits.**

Target Audience: For parents who are expecting and/or have children up to 3 years of age (moms & dads)

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Child, Youth & School Services (CYSS)

Services(s): **Full-day, part-day and hourly facility-based child care options for ages 6 weeks through 18 years.**

Family Child Care home-based care from 4 weeks with extended care options and baby-sitter referrals.

Summer camp activities; parent education classes; before- and after-school care; educational and fine arts programs; individual and team sports; field-trips; career preparation and inter-disciplinary services for youth

Description: **Respite and developmental care for children, youth and their families**

Target Audience: Active Duty, Family Member, Civilians

Schedule: Daily, call for details and for appointment

Contact Info: Bldg 7340, Warner Barracks

DSN: 469-8660

CIV: 0951-300-8660

Website: <http://www.bamberg.army.mil/directorates/dfmwr/cyss.asp>

Div/Dept: Social Work Services (SWS)

Service(s): **Support Group**

Description: **Parenting therapy group for parents that includes sessions on expectations, coping with parental stress, building self esteem, establishing structure and routine, what makes good discipline, family meetings and special needs, and exceptional family member program issues.**

Length: 12 session group

Schedule: Call for schedule

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Children: Special Needs

Div/Dept: Child, Youth & School Services (CYSS)

Services(s): **Full-day, part-day and hourly facility-based child care options for ages 6 weeks through 18 years.**

Family Child Care home-based care from 4 weeks with extended care options and baby-sitter referrals.

Summer camp activities; parent education classes; before- and after-school care; educational and fine arts programs; individual and team sports; field-trips; career preparation and inter-disciplinary services for youth
Description: **Respite and developmental care for children, youth and their families**

Target Audience: Active Duty, Family Member, Civilians

Schedule: Daily, call for details and for appointment

Contact Info: Bldg 7340, Warner Barracks

DSN: 469-8660

CIV: 0951-300-8660

Website: <http://www.bamberg.army.mil/directorates/dfmwr/cyss.asp>

Div/Dept: Social Work Services (SWS)

Service(s): **Counseling and Support Group**

Description: **Parenting therapy group for parents that includes sessions on expectations, coping with parental stress, building self esteem, establishing structure and routine, what makes good discipline, family meetings and special needs, and exceptional family member program issues.**

Length: 12 session group

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Div/Dept: Educational Developmental Intervention Services (EDIS)

Service(s): Consultation and Support and treatment

Description: Parent or physician's referral program for family members/caregivers who have concerns about their child's development, or have a child with a diagnosed developmental delay, from birth to 3 years of age. Free home developmental screenings, evaluations as well as potential treatment offered by qualified Speech and language pathologist, physical therapists, occupational therapist and early childhood special educators.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Monthly, call for schedule

Contact Info: Bldg 267 Ledward Barracks

DSN: 354-6257

Target Audience: Active Duty , Family Members, DA Civilians, Retirees

Schedule: Call for Appointment

Contact Info: Bldg 267 Ledward Barracks DSN: 354-6257 CIV: 09721-96-6257 Website:

<https://www.edis.army.mil/>

Cholesterol

Div/Dept: Health Clinic (HC)

Service(s): **Screening and Treatment**

Description: **Deployment Readiness, Depression, Heart Care, Hearing Conservation, Hypertension, Injury Prevention, Nutrition Education, Self Care, Stress Management, Women's Issues, Weight Management**

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Community Safety

Div/Dept: American Red Cross (ARC)

Service(s): **CPR/ AED/ First Aid Training**

Description: **Covers Adult, Child & Infant CPR: AED Basic First Aid Skills.**

Target Audience: Active Duty, Family Members, Retirees, Civilians, and Local Nationals

Length: 6.5 Hours

Schedule: 2nd Friday of each Month 0900-1530

Contact Info: Bldg 7029, Rm. 114 Warner Barracks

DSN: 469-1760

CIV: 0951-300-1760

Div/Dept: Safety Office

Service(s): **Information and Consultations**

Description: **Information and advice on all occupational safety and health matters, respiratory protection, ammunitions and explosives, ranges, office, hazard communication, accident and investigation and privately owned vehicles.**

Target Audience: Active Duty, Civilians, and Local Nationals

Contact Info: Bldg 7089, Rm. 325 Warner Barracks

DSN: 469-1670

CIV: 0951-300-1670

Conflict Resolution

Div/Dept: Army Community Service (ACS)

Service(s): **Class**

Description: **Making a strong Army Family through Army Family Team Building. Three levels of training.**

Target Audience: Active Duty, Family Members, Retirees, Civilians

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Military Family Life Consultants (MFLC)**

Description: **Consultants are licensed, clinical providers who provide problem-solving suggestions and support. Meeting with a MFLC is completely confidential. They can provide help in person on or off post. Support is not limited to one-on-one; MFLCs will also meet with couples, families, or larger groups.**

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Call to schedule an appointment

CIV: 0174-147-6831

Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)

Service(s): **Class**

Description: **Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.**

Target Audience: 12-18 youth FM

Contact Info: Bldg 7643 Bamberg High School, Warner Barracks

DSN: 469-8240/8874

CIV: 0951-300-8240/8874

Website: <http://www.bamb-hs.eu.dodea.edu>

Div/Dept: Chaplain Services (CH)

Service(s): **Class**

Description: **Develop individual, family, and community spiritual health through a religious regimen of self-disciplined programs**

Target Audience: AD, FM,

Contact Info: Bldg 7040 Warner Barracks
CIV: 0951-300-1570
Chapel NCOIC: DSN 469-8879
Chaplain Assistant: DSN 469-1570
Family Life Chaplain: DSN 479-8141
Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Div/Dept: Specialty Care Service (Family Advocacy Program)

Service(s): Couples Counseling

Description: Reduce marital discord and improve relationships as a preventive service.

Target Audience: Married couples on space available basis.

Schedule: Seen by appointment on space-available basis. Call for self referral or report to appointment with PCM.

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Couples Counseling

Div/Dept: Army Community Service (ACS)

Service(s): Military Family Life Consultants (MFLC)

Description: Consultants are licensed, clinical providers who provide problem-solving suggestions and support. Meeting with a MFLC is completely confidential. They can provide help in person on or off post. Support is not limited to one-on-one; MFLCs will also meet with couples, families, or larger groups.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Call to schedule an appointment

CIV: 0174-147-6831

Div/Dept: Chaplain Services (CH)

Service(s): Couples Counseling

Description: Develop individual, family, and community spiritual health through a religious regimen of self-disciplined programs:

Target Audience: AD, FM

Contact Info: Bldg 7040 Warner Barracks

CIV: 0951-300-1570

Chapel NCOIC: DSN 469-8879

Chaplain Assistant: DSN 469-1570

Family Life Chaplain: DSN 479-8141

Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Crisis Intervention

Div/Dept: Army Community Service (ACS)

Service(s): Class

Description: Regularly scheduled classes, and, by request, briefings, for units, FRGs and other groups interested in learning more about how to prevent domestic violence and sexual assault.

Target Audience: AD, Family Members, Retirees, CIV

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: American Red Cross (ARC)

Service(s): **Emergency Notification**

Description: **Emergency Notification from CONUS to OCONUS and via deployment theatre**

Target Audience: Active Duty, Family Members, Retirees, Civilians and Local Nationals

Schedule: 24 Hour Emergency Response: Office Hours 0800-1630

Contact Info: Bldg 7029, Rm. 114 Warner Barracks

DSN : 469-1760

CIV: 0951-300-1760 or US Toll Free 1.877.272.7337

Div/Dept: Chaplain Services (CH)

Service(s): **Counseling and Support Group**

Description: **Develop individual, family, and community spiritual health through a religious regimen of self-disciplined programs: 1. Chapel worship services 2. Religious education classes 3. Retreats 4. Prayer groups 5. Bible/Catechism studies**

Target Audience: All Soldiers, Family Members, and Civilians

Length: On-going and special programs

Schedule: As requested by individuals, spouses, or unit leaders

Contact Info: Bldg 7040 Warner Barracks

CIV: 0951-300-1570

Chapel NCOIC: DSN 469-8879

Chaplain Assistant: DSN 469-1570

Family Life Chaplain: DSN 479-8141

Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Div/Dept: Social Work Services (SWS)

Service(s): **Crisis Intervention**

Description: **Evaluation and treatment for rape, child and adult physical abuse, child sexual abuse, child neglect and deployment related issues which have reached crisis proportions. Crisis intervention services for situations involving rape, child and adult physical abuse, child sexual abuse and child neglect are available 24 hours a day, 7 days a week through SWS.**

Target Audience: Active Duty, Local Nationals, Civilians, and Family Members

Length: 24 hrs a day, 7 days a week

Schedule: Contact SWS during normal duty hours, or MP Station in case of emergency.

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Deployment Readiness**Div/Dept: Army Community Service (ACS)**

Service(s): **Military Family Life Consultants (MFLC)**

Description: **Consultants are licensed, clinical providers who provide problem-solving suggestions and support. Meeting with a MFLC is completely confidential. They can provide help in person on or off post. Support is not limited to one-on-one; MFLCs will also meet with couples, families, or larger groups.**

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Call to schedule an appointment

CIV: 0174-147-6831

Div/Dept: Army Community Service (ACS)

Service(s): **Training and Briefing**

Description: **The Mobilization and Deployment program provides Family and community members with information and assistance before, during, and after the deployment.**

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: American Red Cross (ARC)

Service(s): **Emergency Notification**

Description: **Emergency Notification from CONUS to OCONUS and via deployment theatre**

Target Audience: Active Duty, Family Members, Retirees, Civilians, and Local Nationals

Schedule: 24 Hour Emergency Response: Office Hours M-F 0800-1630

Contact Info: Bldg 7029, Rm. 114 Warner Barracks

DSN : 469-1760

CIV: 0951-300-1760 or US Toll Free 1.877.272.7337

Div/Dept: Chaplain Services (CH)

Service(s): **Classes and Support Group**

Description: **Develop individual, family, and community spiritual health through a religious regimen of self-disciplined programs: 1. Chapel worship services 2. Religious education classes 3. Retreats 4. Prayer groups 5. Bible/Catechism studies**

Target Audience: All soldiers and family members and DA Civilians

Length: On-going and special programs

Schedule: As requested by individuals, spouses, or unit leaders

Contact Info: Bldg 7040 Warner Barracks

CIV: 0951-300-1570

Chapel NCOIC: DSN 469-8879

Chaplain Assistant: DSN 469-1570

Family Life Chaplain: DSN 479-8141

Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Div/Dept: Community Health Nursing (CHN/PM)

Service(s): **Screening**

Description: **Immunizations, Pre/Post Deployment Health Briefings**

Target Audience: AD

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-8972

CIV: 0951-300-8972

Div/Dept: Department of Human Resources (DHR), Postal Services

Service(s): **Mail forwarding**

Description: **If the soldier or family member will not be able to pick up mail due to deployment or an extended stay away from post (longer than 14 days), the soldier or family member must fill out form DD Form 2258 in order to have mail forwarded or to have the mail room hold the mail. The form can be picked up at either the Mail Room or submitted online (from an AKO account or EUR address).**

Target Audience: Active Duty, Family Member

Contact Info: Mail Room

DSN: 469-8710

CIV: 0951-300-8710

Website: <http://www.bamberg.army.mil/directorates/dhr/psc.asp>

Div/Dept: Dental Clinic (DENTAC)

Service(s): **Screening and Treatment**

Description: **Multiple Health Concerns, Screenings and Counseling for proper dental hygiene**

Target Audience: AD

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1720

CIV: 0951-300-1720

Website: <http://www.erd.amedd.army.mil/>

Div/Dept: Legal Services (JAG)

Service(s): Consultations

Description: POA, Wills, SOFA, Legal Advice
Target Audience: AD, FM, CIV, Retirees
Contact Info: Bldg 7000 Warner Barracks
DSN: 469-7609
CIV: 0951-300-7609
Website: <http://www.bamberg.army.mil/suppliers/sja/la.asp>

Div/Dept: Social Work Services (SWS)

Service(s): **Counseling**

Description: **Counseling services are available to families with a focus on problems exhibited by children including depression, anxiety, school problems, deployment issues, and anger. General counseling services are offered in the SW Department in the health clinic**

Target Audience: Children and Adolescents

Schedule: Call for appointment and more information

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Depression

Div/Dept: Army Community Service (ACS)

Service(s): **Military Family Life Consultants (MFLC)**

Description: **Consultants are licensed, clinical providers who provide problem-solving suggestions and support. Meeting with a MFLC is completely confidential. They can provide help in person on or off post. Support is not limited to one-on-one; MFLCs will also meet with couples, families, or larger groups.**

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Call to schedule an appointment

CIV: 0174-147-6831

Div/Dept: Chaplain Service (CH)

Service(s): **Counseling**

Description: **Identify typical signs of a suicidal person and means of assisting them. Enable soldiers to recognize and overcome suicidal conditions in themselves and others**

Target Audience: Active Duty, Family Members, and Civilians

Contact Info: Bldg 7040 Warner Barracks

CIV: 0951-300-1570

Chapel NCOIC: DSN 469-8879

Chaplain Assistant: DSN 469-1570

Family Life Chaplain: DSN 479-8141

Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Div/Dept: Health Clinic (HC)

Service(s): **Screening and Therapy**

Description: **Our service is designed to treat the active duty soldier, their family members, retirees and other citizens employed in a support capacity by the Department of Defense.**

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Div/Dept: Social Work Services (SWS)

Service(s): **Depression: Supportive Counseling**

Description: **Supportive counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.**

Target Audience: Two parent families, single parent families and blended families

Schedule: Call for appointment

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Domestic Violence

Div/Dept: Army Community Service (ACS)

Service(s): **Class**

Description: **Regularly scheduled classes, and, by request, briefings, for units, FRGs and other groups interested in learning more about domestic violence prevention.**

Target Audience: Active Duty, Family Members, Retirees, and Civilians

Schedule: Call for appointment and more information

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Victim Advocacy**

Description: **Assist with safety Planning and needs assessments, coordination of emergency services; transportation, food, etc. Advocating for clients with on-and off-post agencies, accompanying clients to court proceedings, hearings/court-martial trials, meetings with lawyers, police, and/or command referrals to other helping agencies.**

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call for appt

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Specialty Care Service (Family Advocacy Program)

Service(s): **Evaluation and Treatment**

Description: Evaluation and treatment for rape, child and adult physical abuse, child sexual abuse, child neglect and deployment related issues which have reached crisis proportions. Crisis intervention services for situations involving rape, child and adult physical abuse, child sexual abuse and child neglect are available 24 hours a day, 7 days a week through SWS.

Target Audience: Active Duty, Local Nationals, Civilians and Family Members

Length: 24 hrs a day, 7 days a week

Schedule: Contact 469-7793 during normal duty hours, or MP Station at 114 in case of emergency.

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Drug Related Issues

Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)

Service(s): **Class**

Description: **The course emphasizes positive coping skills such positive communication, problem-solving skills, stress and anger management, as well as education about gateway drugs: smoking, alcohol and**

marijuana.

Target Audience: All seventh and eighth grade students at the middle/high school.

Schedule: The course is taught in the health class at the high school and in tutorial at the middle school.

Contact Info: Bldg 7643- Bamberg High School, Warner Barracks

DSN: 469-8240/8874

CIV: 0951-300-8240/8874

Website: <http://www.bamb-hs.eu.dodea.edu>

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): **Screening**

Description: **Drug testing for active duty.**

Target Audience: Active Duty Military

Schedule: Call for appointment

Contact Info: Bldg 7089 Warner Barracks

DSN: 469-1710

CIV: 0951-300-1710

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): **Therapeutic Counseling**

Description: **Therapeutic Counseling for drug and alcohol issues**

Target Audience: AD, FM, CIV, Retirees

Length: Case by case basis

Schedule: Call for Appt

Contact Info: Bldg 7089 Warner Barracks

DSN: 469-1710

CIV: 0951-300-1710

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): **Training**

Description: **Drug and Alcohol prevention training for first line supervisors**

Target Audience: AD, FM, CIV, Retirees

Schedule: Call for Appt

Contact Info: Bldg 7089 Warner Barracks

DSN: 469-1710

CIV: 0951-300-1710

Div/Dept: Social Work Services (SWS)

Service(s): **Drug Related: Counseling**

Description: **Counseling services are available to families with a focus on problems exhibited by children and adults including depression, anxiety, school problems, deployment issues, and anger.**

Target Audience: AD, FM, LN, CIV

Length: 24 hrs a day, 7 days a week

Schedule: Contact SWS during normal duty hours, or MP Station in case of emergency.

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Education

Division/Department: Army Education Center, Directorate of Human Resources (DHR)

Service(s): **Educational Counseling, DANTES and Army Personnel Testing, Army Learning Center access**

Description: **Educational experience**

Target Audience: Soldiers, family members, all other authorized civilians

Fees: Education Center charges no fees, all services provided to active duty without charge. DANTES tests cost from \$120.00 to \$300.00 for civilians

Length: Varies

Contact info: Bldg. 7047, 3rd floor, Warner Barracks

DSN: 469-7715

CIV: 0951-300-7715

Website: <http://www.bamberg.army.mil/directorates/dhr/aces.asp>

Div/Dept: CYSS School Liaison Officer (SLO)

Services: Information and Referral services for families and youth age kindergarten-12th grade

Description: Serve as a support proponent for providing information to soldiers and families with school age youth on school programs, curriculum, Special Needs, and additional transition related services.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees, Local Nationals.

Schedule: Monthly and weekly in and out processing briefings and as needed

Location: Bldg 7089

DSN: 469- 7891

CIV: 0951-300- 7891

Div/Dept: Department of Defense Education Activity

Bamberg Elementary School

DSN: 469-7616

CIV: 0951-300-7616

Website: <http://www.bamb-es.eu.dodea.edu/>

Bamberg Middle High School

Contact Info: Warner Barracks, Bldg 7643

DSN: 469-8874

CIV: 0951-32316

Website: <http://www.bamb-hs.eu.dodea.edu/>

EFMP

Div/Dept: Educational Developmental Intervention Services (EDIS)

Service(s): Counseling

Description: Parent or physician's referral program for family members/caregivers who have concerns about their child's development, or have a child with a diagnosed developmental delay, from birth to 3 years of age. Free home developmental screenings, evaluations as well as potential treatment offered by qualified Speech and language pathologist, physical therapists, occupational therapist and early childhood special educators.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Monthly, call for schedule

Contact Info: Bldg 267 Ledward Barracks

DSN: 354-6257

Target Audience: Active Duty , Family Members, DA Civilians, Retirees

Schedule: Call for Appointment

Contact Info: Bldg 267 Ledward Barracks

DSN: 354-6257

CIV: 09721-96-6257

Website: <https://www.edis.army.mil/>

Emergency Service

Div/Dept: American Red Cross (ARC)

Service(s): Emergency Notification

Description: Emergency Notification from CONUS to OCONUS and via deployment theatre

Target Audience: Active Duty, Family Members, Retirees, Civilians and Local Nationals

Schedule: 24 Hour Emergency Response : Office Hours M-F 0800-1630

Contact Info: Bldg 7029, Rm. 114 Warner Barracks

DSN : 469-1760

CIV: 0951-300-1760

Div/Dept: Department of Emergency Services (DES)

Service(s): **Emergency/Crisis Intervention Assistance**

Contact Info:

Fire and Ambulance: (DSN): 117 / (CIV) 0951-300-117

Military Police: (DSN)114/ (CIV) 0951-300-114

German Fire: (DSN) 99-112/(CIV) 112

German Ambulance: (DSN) 99-19222/(CIV) 19222

German Police: (DSN) 99-110/(CIV)110

Emergency Work Order: (DSN)115/(CIV) 0951-300-115

Nurse Advice Line: (DSN)990-800-825-1600/ (CIV)0800-825-1600

Non-emergency: (DSN)469-7492/9150/ (CIV)0951-300-7492

Employment Readiness

Div/Dept: Army Community Service (ACS)

Service(s): **Classes and Training**

Description: **The primary mission of the Employment Readiness Program (ERP) is to provide military spouses, transitioning Soldiers and civilians with positive support, encouragement, employment and education information, computer training, job search assistance, career counseling/coaching, and self-development resources.**

Target Audience: Active Duty, Family Members, Retirees, Garrison Employees, and Local Nationals

Schedule: Monday - Friday, 0800-1700

Contact Info: Bldg 7029 Warner Barracks

DSN: 469- 7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Substance Abuse Program (ASAP)/Employee Assistance Program (EAP)

Service(s): **Counseling**

Description: **Assistance: Help with personal problems affecting job performance/ supervisor consults/ chemical dependency education. Confidential Screening, Assessment, Referral, Short Term Problem Resolution & Follow-up**

Schedule: Call for information

Contact Info: Bldg 7089 Warner Barracks

DSN: 469-1710

CIV: 0951-300-1710

Div/Dept: Franconia Civilian Personnel Advisory Center (CPAC)

Service(s): **Consultations and Training**

Description: **Provides comprehensive Human Resources services, which includes employment opportunities to the Franconia Region population which includes the Schweinfurt, Bamberg, and Ansbach communities**

Target Audience: Active Duty, Family Members, Retirees, Garrison Employees, and Local Nationals

Schedule: Call for an appointment

Contact Info: Bldg 7486 Warner Barracks

DSN: 469- 1630

CIV: 0951-300-1630

Div/Dept: Equal Employment Opportunity (EEO) Program

Service(s): **Consultations and Training**

Description: **To implement and manage the civilian EEO program ensuring compliance with all applicable laws, regulations, policies and practices. To administer a customer focused program that creates and nurtures a work environment free of discrimination and fosters opportunities for everyone. Provides U.S. Applicants, Current and Former U.S. Employees, (to include certain Contractors) with equal employment**

opportunity and treatment without regard to race, color, religion, sex, national origin, age (+40), disability, physical or mental and reprisal (participation in the EEO process).

Target Audience: DA Civilians

Schedule: Monday - Friday, 0800-1700

Contact Info: Bldg 7089 Warner Barracks

DSN: 469-8750

CIV: 0951-300-8750

Family Issues Support Services

Div/Dept: Army Community Service (ACS)

Service(s): **Family Issues Support Services**

Description: **Disbursement of community information: classes, and special events.**

Target Audience: Active Duty, Family Members, Retirees, and Civilians

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Military Family Life Consultants (MFLC)**

Description: **Consultants are licensed, clinical providers who provide problem-solving suggestions and support. Meeting with a MFLC is completely confidential. They can provide help in person on or off post. Support is not limited to one-on-one; MFLCs will also meet with couples, families, or larger groups.**

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Call to schedule an appointment

CIV: 0174-147-6831

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): **Therapy and Counseling**

Description: **Therapeutic Counseling for drug and alcohol issues**

Target Audience: AD, FM, CIV, Retirees

Schedule: Call for appointment

Contact Info: Bldg 7089 Warner Barracks

DSN: 469-1710

CIV: 0951-300-1710

Div/Dept: Chaplain Services (CH)

Service(s): **Class and Counseling**

Description: **Develop individual, family, and community spiritual health through a religious regimen of self-disciplined programs: 1. Chapel worship services 2. Religious education classes 3. Retreats 4. Prayer groups 5. Bible/Catechism studies**

Target Audience: All soldiers and family members and DA civilians

Length: On-going and special programs

Schedule: As requested by individuals, spouses, or unit leaders

Contact Info: Bldg 7040 Warner Barracks

CIV: 0951-300-1570

Chapel NCOIC: DSN 469-8879

Chaplain Assistant: DSN 469-1570

Family Life Chaplain: DSN 479-8141

Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Financial Issues & Counseling

Div/Dept: Army Community Service (ACS)

Service(s): **Financial Counseling**

Description: **This program provides proactive financial education. It helps community members deal with everyday financial issues, crisis, and deployment matters. The program also provides commanders a tool to establish sound financial practices and responsibility through financial education, training, counseling, and referral procedures. In addition to financial readiness matters and credit counseling, the FRP provides consumer counseling and mediation, and classes on consumer skills.**

Target Audience: AD, Family Members, Retirees, CIV

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service & Army Emergency Relief (AER)

Service(s): **Financial Assistance**

Description: **Interest-free loans and grants to eligible customers for proven emergency needs for items such as travel, vehicle repair, utilities, and rental payments.**

Target Audience: AD, Family Members

Schedule: Call for Information

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Legal Services (JAG)

Service(s): **Consultation and Referral**

Description: **Legal Advice regarding financial issues**

Target Audience: AD, Family Members, Retirees, CIV

Schedule: By appointment

Contact Info: Bldg 7000 Warner Barracks

DSN: 469-7609

CIV: 0951-300-7609

Website: <http://www.bamberg.army.mil/suppliers/sja/la.asp>

First Aid Class

Div/Dept: American Red Cross (ARC)

Service(s): **First Aid Class**

Description: **Covers adult, infant & child CPR and AED training and basic first aid including sudden illness, choking, burns, cardiac emergencies and bleeding.**

Target Audience: AD, Family Members, Retirees, CIV, LN

Length: 6.5 Hours

Schedule: 2nd Friday of each month 0900-1530

Contact Info: Bldg 7029, Rm. 114 Warner Barracks

DSN : 469-1760

CIV: 0951-300-1760

Fitness

Div/Dept: USAPHCR-EUR-Department of Health Promotion & Wellness

Service(s): **Pregnancy & Postpartum Soldier Fitness Exercise Leader Training**

Description: **The purpose of the Pregnancy/Postpartum Physical Training (PPPT) Program is to provide the senior mission commander with a standardized physical training (PT) program for pregnant and postpartum fitness.**

Target Audience: Active Duty Exercise Leaders

Contact Info: Landstuhl Bldg 3809

DSN: 486-7099, 06371-86-7099

Div/Dept: USAPHCR-EUR-Department of Health Promotion & Wellness

Service(s): **Civilian Fitness Program**

Description: The Civilian Fitness Program is part of the Army Health Promotion Regulation, 600-63. It is one-time opportunity for a supervisor to approve up to 3 hours of excused absence per week for up to six months for civilian employees to exercise.

Target Audience: DA Civilians & Local Nationals

Length: Up to 3 hours a week for 6 months

Schedule: Enrollment March & September

Contact Info: Bldg 7089

DSN: 469-9005

CIV: 0951-300-9005

Website: <http://www.chppmeur.healthcare.hqusareur.army.mil/sites/dhpw/civfit.aspx>

CIV: 0951-300-8890

Website: <http://www.bamberg.army.mil/directorates/dfmwr/fff.asp>

Div/Dept: Directorate of Family & MWR

Service(s): **Outdoor Recreation**

Description: **Outdoor Rec plans trips throughout the year; provides rental equipment for camping and sports; and more! Sports and fitness Programs for everyone, both indoors and outdoors. Fitness Assessments and Personal Weight Programs are available from our Fitness Specialist. Sport areas may be reserved for unit utilization, Monday through Friday. Equipment for use in the facilities is available to all Military issued ID Cardholders.**

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Mon.-Fri. 10 a.m.-6 p.m.

Contact info: Bldg. 7116, Warner Barracks

DSN: 469-9376

Website: <http://www.bamberg.army.mil/directorates/dfmwr/odr.asp>

Food Safety**Div/Dept: Europe Regional Veterinary Command – Bamberg Division**

Service(s): **Food Safety Inspections**

Description: **Contact for food safety concerns.**

Contact Info: Bldg 7252 Warner Barracks

DSN: 469- 8201

CIV: 0951-300- 8201

Div/Dept: Environmental Health, Dept. of Preventive Medicine

Service(s): **Food Sanitation Inspections**

Description: **Contact for food service facility sanitation/safety concerns.**

Schedule: **Call for Information**

Contact Info:

DSN: 476-2041/3001

CIV: 09662-83-2041/3001

Grief Counseling**Div/Dept: Army Community Service (ACS)**

Service(s): **Grief Counseling**

Description: **Military Family Life Consultant: Consulting on a personal basis, therapy and guidance offered on an anonymous basis.**

Target Audience: Active Duty, Family Members, Retirees, and Civilians

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)

Service(s): **Grief Counseling**

Description: **Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.**

Target Audience: 12-18 youth Family Member (s)

Contact Info: Bldg 7643- Bamberg High School, Warner Barracks

DSN: 469-8240/8874

CIV: 0951-300-8240/8874

Website: <http://www.bamb-hs.eu.dodea.edu>

Div/Dept: Chaplain Services (CH)

Service(s): **Grief Counseling**

Description: **Counseling and Education that deals with Army situations and families, couples and individual counseling. Counseling-Individuals and Couples, Marriage and Family, Blended Families and Parenting, Crisis Intervention, Family Support, Suicide Prevention, Pre-marital Education Classes, Couple Communication Classes, Marital/Family Difficulties.**

Target Audience: All Soldiers and Family Members and DOD civilians

Schedule: As requested by individuals, spouses, or unit leaders

Contact Info: Bldg 7040 Warner Barracks

CIV: 0951-300-1570

Chapel NCOIC: [DSN 469-8879](tel:469-8879)

Chaplain Assistant: [DSN 469-1570](tel:469-1570)

Family Life Chaplain: [DSN 479-8141](tel:479-8141)

Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Heart Care

Div/Dept: Health Clinic (HC)

Service(s): **Screening and Treatment**

Description: **Multiple health concerns, screenings and counseling services**

Target Audience: Active Duty, Family Members, Retirees, Civilians, and Local Nationals

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Hearing Conservation

Div/Dept: Health Clinic (HC)

Service(s): **Hearing Conservation Class**

Description: **Information on Noise Hazard Identification, Engineering Controls, Hearing Protectors, Hearing Tests, Health Education, Enforcement, and Program Evaluation.**

Target Audience: Active Duty, Family Members, Retirees, Civilians, and Local Nationals

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Hypertension

Div/Dept: Health Clinic (HC)

Service(s): Screening, Consultation and Treatment

Description: Deployment Readiness, Depression, Heart Care, Hearing Conservation, Hypertension, Injury Prevention, Nutrition Education, Self Care, Stress Management, Women's Issues, Weight Management

Target Audience: Active Duty, Family Members, Retirees, Civilians, and Local Nationals

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Injury Prevention

Div/Dept: Health Clinic (HC)

Service(s): Injury Prevention Consultation

Description: Deployment readiness, Heart care, hearing conservation, Injury Prevention, Men's and Women's Issues, mTBI, Physical Therapy, Post Traumatic Stress Disorder, Self Care, Stress Mgmt, Tobacco Cessation, Worksite Ergonomics, Weight Management, Dental Readiness

Target Audience: Active Duty, Family Members, Retirees, Civilians and Local Nationals

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Div/Dept: Safety Office

Service(s): Information and Consultation

Description: Information and advice on all occupational safety and health, respiratory protection, ammunitions and explosives, ranges, office, hazard communication, accident and investigation, and privately owned vehicles.

Target Audience: Active Duty, Civilians, and Local Nationals

Contact Info: Bldg 7089, Rm. 325 Warner Barracks

DSN: 469-1670

CIV: 0951-300-1670

Leadership

Div/Dept: Army Community Services (ACS)

Service(s): Leadership Seminar

Description: Various presenters offer in depth knowledge of topics that will enhance leadership skills for Family Readiness Group Leaders and Liaisons.

Target Audience: Family Members/active duty soldiers

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/sites/services/community.asp>

Div/Dept: Chaplain Services (CH)

Service(s): Leadership: Education Service

Description: Train soldiers in moral virtues and Army values to live and lead by good character and good conduct. 1. Basic morals and ethical decision-making 2. Sexual ethics 3. Medical ethics

Target Audience: Soldiers and leaders

Schedule: As requested by unit commander

Contact Info: Bldg 7040 Warner Barracks
CIV: 0951-300-1570
Chapel NCOIC: DSN 469-8879
Chaplain Assistant: DSN 469-1570
Family Life Chaplain: DSN 479-8141
Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Marital Counseling

Div/Dept: Army Community Service (ACS)

Service(s): **Military Family Life Consultants (MFLC)**

Description: **Consultants are licensed, clinical providers who provide problem-solving suggestions and support. Meeting with a MFLC is completely confidential. They can provide help in person on or off post. Support is not limited to one-on-one; MFLCs will also meet with couples, families, or larger groups.**

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Call to schedule an appointment

CIV: 0174-147-6831

Div/Dept: Chaplain Services (CH)

Service(s): **Marital Counseling**

Description: **Couples Counseling, Marital Difficulties, Marital Counseling, and Parenting Skills**

Target Audience: Active Duty, Family Members, and Civilians,

Schedule: Call for appointment

Contact Info: Bldg 7040 Warner Barracks

CIV: 0951-300-1570

Chapel NCOIC: DSN 469-8879

Chaplain Assistant: DSN 469-1570

Family Life Chaplain: DSN 479-8141

Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Marital Difficulties

Div/Dept: Army Community Service (ACS)

Service(s): **Class and Briefing**

Description: **Regularly scheduled classes, and, by request, briefings, for units, FRGs and other groups interested in learning more about DV prevention.**

Target Audience: Active Duty, Family Members, Retirees, and Civilians

Schedule: Call for appt

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Class**

Description: **Provides classes to Soldiers and Family Members on how to communicate effectively in a relationship.**

Target Audience: AD, Family Members, Retirees, CIV

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Military Family Life Consultants (MFLC)**

Description: **Consultants are licensed, clinical providers who provide problem-solving suggestions and**

support. Meeting with a MFLC is completely confidential. They can provide help in person on or off post. Support is not limited to one-on-one; MFLCs will also meet with couples, families, or larger groups.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Call to schedule an appointment

CIV: 0174-147-6831

Div/Dept: Legal Services (JAG)

Service(s): Consultation and Referral

Description: Legal Advice and assistance regarding marital issues

Target Audience: AD, Family Members, Retirees, CIV

Schedule: By appointment

Contact Info: Bldg 7000 Warner Barracks

DSN: 469-7609

CIV: 0951-300-7609

Website: <http://www.bamberg.army.mil/suppliers/sja/la.asp>

Mild Traumatic Brain Injury (mTBI)

Div/Dept: Health Clinic (HC)

Service(s): Mental Health Clinic: Screening and Treatment of Symptoms of mTBI

Description: Multiple Health Concerns, Screenings and Counseling

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Men's Issues

Div/Dept: Health Clinic (HC)

Service(s): Screening and Treatment

Description: Alcohol/Drug Related, cholesterol screening, deployment readiness, depression, domestic violence, EFMP, Heart care, hearing conservation, HIV/Aids, HTN, Injury Prevention, Men's and Women's Issues, mTBI, Physical Therapy, Post Traumatic Stress Disorder, STDs, Self Care, Stress Mgmt, Suicide Prevention, Teen Issues, Tobacco Cessation, Worksite Ergonomics, Weight Management, Dental Readiness

Target Audience: Active Duty, Family Members, Retirees, Civilians and Local Nationals

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Div/Dept: Social Work Services (SWS)

Service(s): Therapy and Counseling

Description: Therapy group dealing with family violence and relationship issues. The goal is to break the pattern of abusive and violent relationships.

Target Audience: Men with Family Advocacy spouse abuse cases and high risk SWS cases.

Schedule: Call for appointment

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Newcomers

Div/Dept: Army Community Service (ACS)

Service(s): **Seminar**

Description: **The PEP Welcome Program is a five-day program that helps community members adjust to life in a new country. Through this program, individuals learn life skills to cope with everyday challenges, develop support networks, and feelings of confidence and positive attitudes about life in the Bamberg Military Community and Germany.**

Target Audience: Active Duty, Family Members, Civilians, and Retirees

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Department of Public Works (DPW) – Operations and Maintenance Division

Service(s): **SHIP – Self-Help Issue Point**

Description: **Provides materials for home improvement, such as light bulbs and paint, for free and allows check out of tools. Orientation class must be completed before Self-Help can be utilized.**

Target Audience: VALID ID card holders living in Government owned, leased quarters and resident hall for single soldiers.

Schedule: See schedule of hours on website; orientation class Tuesdays at 1pm

Contact Info: Bldg. 7123, Warner Barracks

DSN: 469-7669

CIV: 0951-300-7669

Website: http://www.bamberg.army.mil/dpw/buildings/self_help/contact.htm

Div/Dept: Directorate of Emergency Services (DES)

Service(s): **Vehicle Registration**

Description: **All vehicles must be registered and able to pass a safety inspection in order to be driven in Germany.**

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Call to make an appointment

DSN: 469-7580

CIV: 0951-300-7580

Website: <http://www.bamberg.army.mil/directorates/des/vr-il.asp>

Div/Dept: Directorate of Logistics (DOL)

Service(s): **Driver's Training Class**

Description: **Required "Driving in Germany" orientation class prior to taking the USAREUR driver's test; online study handbook available at below website.**

Target Audience: Active Duty, Family Members

Schedule: Monday & Wednesday Class 8am to 11am, 1pm Retest; Tuesday Walk In 7:30-12:00, 12:30- 4pm;

Thursday ITC Processing; Friday 9-10 TMP Class

Contact Info: Bldg. 7109, Warner Barracks

DSN: 469-8600

CIV: 0951-300-8600

Website: <http://www.bamberg.army.mil/directorates/dol/dt.asp>

Div/Dept: Directorate of Logistics/Transportation Operation (DOL)

Service(s): **Shuttle Bus**

Description: **Provides transportation around post at no cost.**

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: See schedule below at website

Website: <http://www.bamberg.army.mil/directorates/dol/docs/postshuttle.pdf>

Div/Dept: Environmental Management

Service(s): **Recycling Centers**

Description: **Recycling is mandatory in Germany. Recycling centers are available on-post for community**

members to use and to ask questions about what items need to be recycled. A SORT guide and pick-up schedules are available at the website below.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Website: <http://www.bamberg.army.mil/dpw/environment/sort.htm>

Div/Dept: SATO

Service(s): Trip planning and ticket booking

Description: SATO will help plan trips and provide trip packages.

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Monday - Friday, 8 a.m. - 4:30 p.m. Closed from 12:30 – 1:30

Contact Info: Bldg. 7109 Warner Barracks

DSN: 469-7571

CIV: 0951-300-7571

Website: <http://www.bamberg.army.mil/directorates/dol/trans.asp>

Nutrition Education

Div/Dept: Health Clinic (HC)

Service(s): Nutrition Counseling

Description: Multiple Health Concerns, Screenings and Counseling

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Div/Dept: Women, Infants, & Children (WIC)

Service(s): Class and Consultation

Description: Increase the nutritional education of populations within the community.

Target Audience: Active Duty, Family Members, FRGs

Schedule: Call for an appointment

Contact Info: Bldg 7029, Rm. 111 Warner Barracks

DSN: 469-7913

CIV: 0951-300-7913

Oral & Dental Health

Div/Dept: Dental Clinic (DENTAC)

Service(s): Screening and Treatment

Description: Multiple Health Concerns, Screenings and Counseling for proper dental hygiene

Target Audience: Active Duty, Family Members, Civilians, and Retirees

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1720

CIV: 0951-300-1720

Website: <http://www.erd.c.amedd.army.mil/>

Div/Dept: Women, Infants, & Children (WIC)

Service(s): Class and Consultation

Description: Provides information to Family members on proper dental hygiene for children.

Target Audience: Soldiers, Family Members, and Civilians

Schedule: Call for an appointment

Contact Info: Bldg 7029, Rm. 111 Warner Barracks

DSN: 469-7913
CIV: 0951-300-7913

Passport Information

Div/Dept: Directorate of Human Resources (DHR), Passports

Service(s): **Passport applications**

Description: **Tourist, official, and no-fee passports; passport renewals and replacements**

Target Audience: AD, FM, DA Civilians

Schedule: Call to make an appointment

Contact Info: Bldg. 7290, Rm. 204, Warner Barracks

DSN: 469-8928

CIV: 0951-300-8928

Website: <http://www.bamberg.army.mil/directorates/dhr/passport.asp>

Div/Dept: Directorate of Human Resources (DHR), Passports

Service(s): **Passport travel information**

Description: **A tourist passport is needed to travel within the European Union. It is prohibited to use the no-fee passport to travel within the EU. While the EU does have open borders, this is a benefit for EU nationals only. U.S. citizens traveling in Europe must be able to present a valid (tourist) passport if asked by an official. The only time a no-fee passport should be used for travel is between the U.S. and Germany (per the SOFA stamp). Tourist passports can be obtained through the passport office. Please see links below for the USAG Bamberg Passport office, European Union travel regulations, and use of no-fee passports for traveling.**

Target Audience: AD, FM, DA Civilians

Contact Info: Bldg. 7290, Rm. 204, Warner Barracks

DSN: 469-8928

CIV: 0951-300-8928

Bamberg Passport Website: <http://www.bamberg.army.mil/directorates/dhr/passport.asp>

Differences between passports website: <http://www.army.mil/article/38435/>

U.S. Travel website (uses for no-fee passport): http://www.travel.state.gov/passport/get/first/first_836.html

European Union Travel website: http://europa.eu/travel/doc/index_en.htm

Parenting Skills

Div/Dept: Army Community Service (ACS)

Service(s): **Class**

Description: **Regularly scheduled classes, and, by request, briefings, for units, FRGs and other groups interested in learning more about parenting skills.**

Target Audience: AD, Family Members, Retirees, CIV

Schedule: Call for appointment

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Class**

Description: **Implementing programs to prevent family problems first.**

Target Audience: Active Duty, Family Members, Retirees, Civilians

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Support Group**

Description: **New Parent support groups discuss ways to meet children's physical, emotional and intellectual needs. Teach good behavior and to communicate openly.**

Target Audience: Pregnant women, families, single parents

Schedule: Call for appointment

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Chaplain Services (CH)

Service(s): **Seminar**

Description: **Family Life Chapel offers programs and classes geared toward building strong and ready Families.**

Target Audience: AD, FM, Dependents

Contact Info: Bldg 7040 Warner Barracks

CIV: 0951-300-1570

Chapel NCOIC: DSN 469-8879

Chaplain Assistant: DSN 469-1570

Family Life Chaplain: DSN 479-8141

Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Div/Dept: Educational Developmental Intervention Services (EDIS)

Service(s): **Consultation and Support**

Description: **Parent or physician's referral program for family members/caregivers who have concerns about their child's development, or have a child with a diagnosed developmental delay, from birth to 3 years of age. Free home developmental screenings, evaluations as well as potential treatment offered by qualified Speech and language pathologist, physical therapists, occupational therapist and early childhood special educators.**

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Monthly, call for schedule

Contact Info: Bldg 267 Ledward Barracks

DSN: 354-6257

Target Audience: Active Duty , Family Members, DA Civilians, Retirees

Schedule: Call for Appointment

Contact Info: Bldg 267 Ledward Barracks

DSN: 354-6257

CIV: 09721-96-6257

Website: <https://www.edis.army.mil/>

Div/Dept: Women, Infants, & Children (WIC)

Service(s): **Parenting Skills Consultation**

Description: **Parenting Skills, New Parents, Child Rearing**

Target Audience: Pregnant, breastfeeding, and post partum women and children under 5 years old.

Fee: Individuals qualify by meeting program guidelines.

Schedule: Call for an appointment

Contact Info: Bldg 7029, Rm. 111 Warner Barracks

DSN: 469-7913

CIV: 0951-300-7913

Pet Care/Pets**Div/Dept: Veterinary Services**

Service(s): **Animal Care**

Description: **Our clinic provides preventive medical care (vaccination, deworming, examinations, dentistry, etc.), sick call appointments, elective surgical procedures and limited emergency care during clinic hours. We have limited x-ray and in-house laboratory capability. We do not have hospitalization capability.**

Target Audience: Veterinary Services are authorized for animals owned by personnel enrolled in DEERS (IAW AR 40-905, Ch 3-4.a.). Pets owned by DOD and DODDS civilian employees will be seen on a space, resource, and time available basis.

Contact Info: Bldg 7252 Warner Barracks M-W 0800-1600 / Thursday – Closed / Friday 0800-1600 Closed on American holidays, closed if staff is in surgery, service available by appointment only.

DSN: 469-7972

CIV: 0951-133-7972

Website: <http://ervc.amedd.army.mil/clinics/BAclinic.html>

<http://phc.amedd.army.mil/organization/Pages/VeterinaryTreatmentFacilities.aspx>

Physical Therapy

Div/Dept: Health Clinic (HC)

Service(s): **Screening and Treatment**

Description: **Addresses multiple health concerns regarding back anatomy, biomechanics, factors causing lower back pain treatment/avoiding lower back pain. In addition, knee anatomy, biomechanics, PFS etiology, treatment, and proper running shoes.**

Target Audience: Active Duty, Family Members, Retirees, and Civilians

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Post Traumatic Stress

Div/Dept: Army Community Service (ACS)

Service(s): **Military Family Life Consultants (MFLC)**

Description: **Consultants are licensed, clinical providers who provide problem-solving suggestions and support. Meeting with a MFLC is completely confidential. They can provide help in person on or off post. Support is not limited to one-on-one; MFLCs will also meet with couples, families, or larger groups.**

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Call to schedule an appointment

CIV: 0174-147-6831

Div/Dept: Chaplain Services (CH)

Service(s): **Counseling**

Description: **Identify typical signs of a suicidal person and means of assisting them. Enable soldiers to recognize and overcome suicidal conditions in themselves and others**

Target Audience: Soldiers, Family Members, Civilians

Contact Info: Bldg 7040 Warner Barracks

CIV: 0951-300-1570

Chapel NCOIC: DSN 469-8879

Chaplain Assistant: DSN 469-1570

Family Life Chaplain: DSN 479-8141

Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Div/Dept: Health Clinic (HC)

Service(s): **Screening, Treatment, and Counseling**

Description: **Diagnosis, treatment and counseling support for issues dealing with Post Traumatic Stress through a partnership with Behavioral Health.**

Target Audience: Active Duty, Family Members, Civilians, Retirees and Local Nationals

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Div/Dept: Social Work Services (SWS)

Service(s): **Counseling**

Description: **Counseling sessions that focuses on decreasing symptoms of post traumatic stress.**

Target Audience: Active Duty, Civilians, Family Members

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Pregnancy & Early Childhood

Div/Dept: Army Community Service (ACS)

Service(s): **Class**

Description: **Through a variety of programs, a team of experienced professionals who have extensive knowledge of the issues confronting parents today, will help you learn to cope with everyday demands of parenthood, stress, isolation, deployment, reunion, & other essential family skills through one on one home or office visits.**

Target Audience: For parents who are expecting and/or have children up to 3 years of age (moms & dads)

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Resource and Referral**

Description: **Provides resources and support for those who are adopting or who have been adopted**

Target Audience: Active Duty, Family Members, Retirees, and Civilians

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Class and Support Group**

Description: **The New Parent Support Program is a team of professionals that provide supportive and caring services to military Families with children from before birth through three years of age. Services include Birth Babies, Breast Feeding Support, Daddy Basic Training, OB Orientation, and Play Mornings.**

Target Audience: For parents who are expecting and/or have children up to 3 years of age (moms & dads)

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Support Group**

Description: **A support group setting you can share your concerns and experiences about breastfeeding with other moms. New and experienced moms are welcome.**

Target Audience: Pregnant women, Families, single parents

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Class - OB Orientation**

Description: This orientation helps you prepare for the arrival of your unborn child. Information presented includes; the changes throughout pregnancy, nutrition, TRICARE, and WIC, as well as the birth registration process. This class also gives you information about what to expect when receiving prenatal care and delivering a child on the German economy. Expecting mothers and fathers are encouraged to attend this class.

Target Audience: Pregnant women, Families, single parents

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): Support Group

Description: A playgroup for Families with children ages birth through 3 years. Meet other parents, build your child's social skills, play games, and participate in developmental activities.

Target Audience: Pregnant women, Families, single parents

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Child, Youth & School Services (CYSS)

Services(s): Full-day, part-day and hourly facility-based child care options for ages 6 weeks through 18 years. Family Child Care home-based care from 4 weeks with extended care options and baby-sitter referrals.

Summer camp activities; parent education classes; before- and after-school care; educational and fine arts programs; individual and team sports; field-trips; career preparation and inter-disciplinary services for youth

Description: Respite and developmental care for children, youth and their families

Target Audience: Active Duty, Family Member, Civilians

Schedule: Daily, call for details and for appointment

Contact Info: Bldg 7340, Warner Barracks

DSN: 469-8660

CIV: 0951-300-8660

Website: <http://www.bamberg.army.mil/directorates/dfmwr/cyss.asp>

Div/Dept: Directorate of Human Resources (DHR), Passports

Service(s): Birth Registration

Description: The passport/ID card office will assist you in applying for the Consular Report of Birth Abroad, your new child's SSN, and a no-fee passport for your new child. Please see the website below for all needed documentation.

Target Audience: New parents (AD, FM, DA Civilians)

Schedule: Call to make an appointment

Contact Info: Bldg. 7290, Rm. 204, Warner Barracks

DSN: 469-8928

CIV: 0951-300-8928

Website: <http://www.bamberg.army.mil/directorates/dhr/passport.asp>

Div/Dept: Health Clinic (HC)

Service(s): Pregnancy: Screening, Counseling and Referral

Description: Multiple Health Concerns, Screenings and Counseling

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Div/Dept: Social Work Services (SWS)

Service(s): Therapy and Counseling

Description: A therapy group dealing with parenting issues in regard to child abuse and neglect. Focus on parenting history, child development, behavior management, healthy coping skills and healthy marriages.

Target Audience: Parents who have substantiated cases of child abuse/neglect as well as parents who are high risk.

Schedule: Call for appointment

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Div/Dept: USAPHCR-EUR-Department of Health Promotion & Wellness

Service(s): Pregnancy Post Partum Training for train-the-trainer

Description: Must be senior enlisted (E-6 and above) Soldiers or DoD civilian. Must have been designated to serve in a P3T leader position. Medical or fitness training or experience, i.e., previous P3T exercise leader experience or having completed the new MFT course, is optimal.

The target audience is unit NCOs and health care providers involved in P3T Program implementation.

Target Audience: Active Duty

Length: 21 hours

Contact Info: Lisa Young, Public Health- dhpwebcontacts2@amedd.army.mil

DSN: 584-4656

CONUS: 410-436-4656

Div/Dept: Woman, Infants, & Children (WIC)

Service(s): Pregnancy Consultation and Counseling

Description: Increase nutritional wellness and awareness through education and free healthful foods. People qualify for the program by meeting guidelines.

Target Audience: Pregnant, breastfeeding, and post partum women and children under 5 years old

Fees: Individuals qualify for by meeting program guidelines.

Schedule: Call for an appointment

Contact Info: Bldg 7029, Rm. 111 Warner Barracks

DSN: 469-7913

CIV: 0951-300-7913

Risk Management**Div/Dept: Safety Office**

Service(s): Information and Consultation

Description: Information and advice on all occupational safety and health, respiratory protection, ammunition and explosives, ranges, office, hazard communication, accident and investigation, and privately owned vehicles..

Target Audience: Active Duty, Civilians, and Local Nationals

Contact Info: Bldg 7089, Rm. 325 Warner Barracks

DSN: 469-1670

CIV: 0951-300-1670

Self Care

Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)

Service(s): **Group Therapy and Class**

Description: **Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.**

Target Audience: 12-18 youth Family Members

Contact Info: Bldg 7643- Bamberg High School, Warner Barracks

DSN: 469-8240/8874

CIV: 0951-300-8240/8874

Website: <http://www.bamb-hs.eu.dodea.edu>

Div/Dept: Community Health Nursing (CHN)

Service(s): **Self Care Class and Consultation**

Description: **HIV/AIDS awareness, understanding and prevention training offered**

Target Audience: Active Duty, Family Members, Civilians, and Retirees

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-8972

CIV: 0951-300-8972

Div/Dept: Health Clinic (HC)

Service(s): **Screening, Consultation and Counseling**

Description: **Multiple Health Concerns, Screenings and Counseling**

Target Audience: Active Duty, Family Members, Retirees, Civilians, and Local Nationals

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Self Esteem**Div/Dept: Army Community Service (ACS)**

Service(s): **Class**

Description: **Making a strong Army Family through Army Family Team Building. Three levels of training.**

Target Audience: Active Duty, Family Members, Retirees, and Civilians

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Army Community Service (ACS)

Service(s): **Military Family Life Consultants (MFLC)**

Description: **Consultants are licensed, clinical providers who provide problem-solving suggestions and support. Meeting with a MFLC is completely confidential. They can provide help in person on or off post. Support is not limited to one-on-one; MFLCs will also meet with couples, families, or larger groups.**

Target Audience: Active Duty, Family Members, DA Civilians, Retirees

Schedule: Call to schedule an appointment

CIV: 0174-147-6831

Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)

Service(s): **Group and Individual Therapy**

Description: **Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.**

Target Audience: 12-18 youth Family Members

Contact Info: Bldg 7643- Bamberg High School, Warner Barracks

DSN: 469-8240/8874

CIV: 0951-300-8240/8874

Website: <http://www.bamb-hs.eu.dodea.edu>

Single Parenting

Div/Dept: Social Work Services (SWS)

Service(s): **Counseling**

Description: **Supportive counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.**

Target Audience: Two parent families, single parent families and blended families

Schedule: Call for appointment

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Spiritual Fitness

Div/Dept: Chaplain Services (CH)

Service(s): **Class and Support Group**

Description: **Develop individual, family, and community spiritual health through a religious regimen of self-disciplined programs: 1. Chapel worship services 2. Religious education classes 3. Retreats 4. Prayer groups 5. Bible/Catechism studies**

Target Audience: All soldiers and family members and DA civilians

Length: On-going and special programs

Schedule: As requested by individuals, spouses, or unit leaders

Contact Info: Bldg 7040 Warner Barracks

CIV: 0951-300-1570

Chapel NCOIC: DSN 469-8879

Chaplain Assistant: DSN 469-1570

Family Life Chaplain: DSN 479-8141

Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

STD Counseling

Div/Dept: Community Health Nursing (CHN)

Service(s): **STD Counseling**

Description: **STD awareness, understanding and prevention training offered.**

Target Audience: Active Duty, Family Members, Civilians, and Retirees

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-8972

CIV: 0951-300-8972

Div/Dept: Community Health Nursing (CHN)

Service(s): **HIV / AIDS Briefing**

Description: **HIV/AIDS awareness, understanding and prevention training offered.**

Target Audience: Active Duty, Family Members, Civilians, and Retirees

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-8972

CIV: 0951-300-8972

Div/Dept: Health Clinic (HC)

Service(s): HIV / AIDS

Description: **Multiple screenings, treatment, and counseling services are offered to assist Soldiers and Family Members dealing with various diseases.**

Target Audience: Active Duty, Family Members, Retirees, Civilians, and Local Nationals

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Stress Management**Div/Dept: Army Community Center (ACS)**

Service(s): Anger Management Stress

Description: **Managing Anger and Stress effectively to improve communication.**

Target Audience: Active Duty, Family Members, Retirees, Civilians

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-777 7

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)

Service(s): Class and Group Therapy

Description: **Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.**

Target Audience: 12-18 youth Family Member(s)

Contact Info: Bldg 7643- Bamberg High School, Warner Barracks

DSN: 469-8240/8874

CIV: 0951-300-8240/8874

Website: <http://www.bamb-hs.eu.dodea.edu>

Div/Dept: Chaplain Family Life Center (CFLC)

Service(s): Education and Counseling

Description: **Supportive counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in regard to deployment issues.**

Target Audience: Two parent families, single parent families and blended families

Schedule: Call for appointment

Contact Info: Bldg 7040 Warner Barracks

DSN: 469-1570

CIV: 0951-300-1570 X8141

Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Div/Dept: Social Work Services (SWS)

Service(s): Anger Management Counseling and Class

Description: **Counseling, classes on anger and stress management**

Target Audience: Active Duty, Family Members, Civilians, and Retirees

Schedule: Call for Appointment

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Div/Dept: Social Work Services (SWS)

Service(s): Stress Management Counseling

Description: **Supportive counseling to enable families to resolve conflicts, strengthen communication, reduce marital discord, strengthen parental roles, prevent family violence and provide necessary coping skills in**

regard to deployment issues.

Target Audience: Two parent families, single parent families and blended families

Schedule: Call for appointment

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV 0951-300-7793

Suicide Prevention

Suicide Prevention Program (Army Substance Abuse Program)

Service(s): Education, Training

Description: Tailored training, education, and resources for small and large groups to improve readiness through the development and enhancement of the Army Suicide Prevention Program policies designed to minimize suicide behavior; thereby preserving mission effectiveness through individual readiness.

Target Audience: Soldiers, Family Members, Department of the Army Civilians

Schedule: Call for appointment

Contact info: DSN: 467-4847/467-1710, CIV: 09841-83-4847/09802-83-1710

Website: <http://www.eur.army.mil/SuicidePrevention/>

Div/Dept: Chaplain Services (CH)

Service(s): **Screening, Counseling, and Referral**

Description: **Identify typical signs of a suicidal person and means of assisting them. Enable soldiers to recognize and overcome suicidal conditions in themselves and others**

Target Audience: Soldiers, Family Members, Civilians

Schedule: As requested by unit commander

Contact Info: Bldg 7040 Warner Barracks

Contact Info: Bldg 7040 Warner Barracks

CIV: 0951-300-1570

Chapel NCOIC: DSN 469-8879

Chaplain Assistant: DSN 469-1570

Family Life Chaplain: DSN 479-8141

Website: <http://www.bamberg.army.mil/staff/rso/rso.asp>

Div/Dept: Health Clinic (HC)

Service(s): **Screening and Counseling**

Description: **Multiple Health Concerns, Screenings and Counseling**

Target Audience: AD, Family Members, Retirees, CIV, LN

Schedule: Call for appt

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Div/Dept: Social Work Services (SWS)

Service(s): Screening and Counseling

Description: Evaluation and treatment for rape, child and adult physical abuse, child sexual abuse, child neglect and deployment related issues which have reached crisis proportions. Crisis intervention services for situations involving rape, child and adult physical abuse, child sexual abuse and child neglect are available 24 hours a day, 7 days a week through SWS.

Target Audience: Active Duty, Family Members, Local Nationals, and Civilians

Length: 24 hrs a day, 7 days a week

Schedule: Contact SWS during normal duty hours, or MP Station in case of emergency.

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Teen Issues**Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)**

Service(s): Individual and Support Group

Description: Individual, group and family therapy for teens 13-18 who have issues related to alcohol or drug use. Provide prevention services for issues like anger, stress, self-esteem issues and grief and loss.

Target Audience: 12-18 youth Family Members

Contact Info: Bldg 7643- Bamberg High School, Warner Barracks

DSN: 469-8240/8874

CIV: 0951-300-8240/8874

Website: <http://www.bamb-hs.eu.dodea.edu>

Div/Dept: Social Work Services (SWS)

Service(s): Counseling

Description: Counseling services are available to families with a focus on problems exhibited by children including depression, anxiety, school problems, deployment issues, and anger. General counseling services are offered in the Social Work Department and services are coordinated with EDIS and Mental Health. Through the Family Advocacy component of SWS counseling services are also offered to children who are abuse/neglect victims.

Target Audience: AD, FM

Schedule: Call for appointment

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Time Management**Div/Dept: Army Community Service (ACS)**

Service(s): Time Management Class

Description: Making a strong Army Family through Army Family Team Building - three levels of training.

Target Audience: Active Duty, Family Members, Retirees, Civilians

Contact Info: Bldg 7029 Warner Barracks

DSN: 469-7777

CIV: 0951-300-7777

Website: <http://www.bamberg.army.mil/directorates/dfmwr/acs/acs.asp>

Tobacco Cessation (Teen)**Div/Dept: Adolescent Substance Abuse Counseling Service (ASACS)**

Service(s): Tobacco Cessation Class

Description: **The course emphasizes positive coping skills such positive communication, problem-solving skills, stress and anger management, as well as education about gateway drugs: smoking, alcohol and marijuana.**

Target Audience: All seventh and eighth grade students at the middle/high school.

Schedule: The course is taught in the health class at the high school and in tutorial at the middle school.

Contact Info: Bldg 7643- Bamberg High School, Warner Barracks

DSN: 469-8240/8874

CIV: 0951-300-8240/8874

Website: <http://www.bamb-hs.eu.dodea.edu>

Tobacco Cessation (Adult)

Div/Dept: Community Health Nursing (CHN)

Service(s): **Tobacco Cessation Class**

Description: **Ongoing classes to promote tobacco cessation in our community**

Target Audience: Active Duty, Family Members, Civilians, and Retirees

Schedule: Call for more information

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-8972

CIV: 0951-300-8972

Tobacco Cessation (Facilitator)

Div/Dept: USAPHCR-Europe

Service(s): **Tobacco Cessation Facilitator Training**

Description: **American Lung Association, one-day training to certify smoking cessation facilitators.**

Target Audience: Active Duty, Family Members, Civilians, and Retirees

Schedule: Call for more information

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-9168

CIV: 0951-300-9168

Travel Medicine

Div/Dept: Community Health Nursing (CHN)

Service(s): **Screening and Consultation**

Description: **Immunizations, Pre/Post Deployment Health Briefings**

Target Audience: Active Duty

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-8972

CIV: 0951-300-8972

Water Safety

Div/Dept: Safety Office

Service(s): **Water Safety Information**

Description: **Information and Advice**

Target Audience: Active Duty, Civilians, and Local Nationals

Contact Info: Bldg 7089, Rm. 325 Warner Barracks

DSN: 469-1670

CIV: 0951-300-1670

Women's Issues

Div/Dept: Health Clinic (HC)

Service(s): **Screening and Treatment**

Description: **Alcohol/Drug Related, cholesterol screening, deployment readiness, depression, domestic violence, EFMP, Heart care, hearing conservation, HIV/Aids, HTN, Injury Prevention, Men's and Women's Issues, mTBI, Physical Therapy, Post Traumatic Stress Disorder, STDs, Self Care, Stress Mgmt, Suicide Prevention, Teen Issues, Tobacco Cessation, Worksite Ergonomics, Weight Management, Dental Readiness**

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appt

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Div/Dept: Social Work Services (SWS)

Service(s): **Group Therapy and Counseling**

Description: **Therapy group dealing with family violence and relationship issues. The goal is to break the pattern of abusive and violent relationships.**

Target Audience: Men with Family Advocacy spouse abuse cases and high risk SWS cases.

Contact Info: Bldg 7253 Warner Barracks

DSN: 469-7793

CIV: 0951-300-7793

Worksite Ergonomics

Div/Dept: Health Clinic (HC)

Service(s): **Consultation, Screening**

Description: **Multiple Health Concerns, Screenings and Counseling**

Target Audience: Active Duty, Family Members, Retirees, Civilians, and Local Nationals

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Div/Dept: Safety Office

Service(s): **Worksite Ergonomics**

Description: **Consultations and advice on ways to mitigate risks associated with Worksite Ergonomics**

Target Audience: Active Duty, Family Members, Retirees, Civilians, and Local Nationals

Schedule: Call for appointment

Contact Info: Bldg 7089, Rm. 325 Warner Barracks

DSN: 469-1670

CIV: 0951-300-1670

Worksite Safety

Div/Dept: Safety Office

Service(s): **Worksite Safety Training and Assessments**

Description: **Safety Training and Inspections on occupational safety and health, respiratory protection, ammunitions and explosives, ranges, office, hazard communication, accident and investigation, and privately owned vehicles.**

Target Audience: Active Duty, Civilians, and Local Nationals

Contact Info: Bldg 7089, Rm. 325 Warner Barracks
DSN: 469-1670
CIV: 0951-300-1670

Div/Dept: USAPH Public Health Command Region Europe

Service(s): **Worksite Safety Training and Assessments**

Description: **Safety training and inspections on occupational safety and health issues.**

Target Audience: Active Duty, DA Civilians, Local Nationals

Schedule: Call for an appointment

Contact Info: Barton Barracks

DSN: 468-7318

CIV: 981-183-7318

Website: <http://www.chppmeur.healthcare.hqusareur.army.mil/sites/ohd/ohd.aspx>

Worksite Violence

Div/Dept: Army Substance Abuse Program (ASAP)

Service(s): **Training and Briefing**

Description: **Implementing programs to prevent family problems first.**

Target Audience: Active Duty, Family Members, Retirees, and Civilians

Contact Info: Bldg 7089 Warner Barracks

DSN: 469-1710

CIV: 0951-300-1710

Weight Management

Div/Dept: Health Clinic (HC)

Service(s): **Screening, Consultation, and Treatment**

Description: **Multiple Health Concerns, Screenings and Counseling**

Target Audience: Active Duty, Family Members, Retirees, Civilians, Local Nationals

Schedule: Call for appointment

Contact Info: Bldg 7334 Warner Barracks

DSN: 469-1750

CIV: 0951-300-1750

Website: <https://ermc.amedd.army.mil/bamberg/index.cfm>

Div/Dept: USAPHCR-EUR-Department of Health Promotion & Wellness

Service(s): **Civilian Fitness Program**

Description: The Civilian Fitness Program is part of the Army Health Promotion Regulation, 600-63. It is one-time opportunity for a supervisor to approve up to 3 hours of excused absence per week for up to six months for civilian employees to exercise.

Target Audience: DA Civilians & Local Nationals

Length: Up to 3 hours a week for 6 months

Schedule: Enrollment March & September

Contact Info: Bldg 7089

DSN: 469-9005

CIV: 0951-300-9005

Website: <http://www.chppmeur.healthcare.hqusareur.army.mil/sites/dhbw/civfit.aspx>

Div/Dept: Women, Infants, & Children (WIC)

Service(s): **Consultation**

Description: **Increase the nutritional education of populations within the community.**

Target Audience: Active Duty, Family Resource Groups

Schedule: Call for an appointment

Contact Info: Bldg 7029, Rm. 111 Warner Barracks

DSN: 469-7913

CIV: 0951-300-7913